

Nutrition and Food Science Workshop

Independent Study Credit

Syllabus

Nutrition and Food Science Workshop 1 hour Orientation

June 10-12, 2008

Davis High School

Layton, Utah

Workshop Director:

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Sponsor:

Dairy Council of Utah/Nevada

Utah State Office of Education, Family and Consumer Sciences

Online Course Facilitator:

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Registration Codes:

CRN 36412

Dept FCSE

Course # 5550

Sec L01

Title ST: NFS Workshop

Objectives and Overview

The goals of the annual Nutrition and Food Science workshop are to: 1) provide enrollees with current nutrition research and awareness of diet trends and consequences; 2) provide enrollees with evaluation tools to promote critical thinking of nutrition information; 3) provide enrollees with nutrition education resources for teaching food and nutrition classes; and 4) promote peer sharing of successful nutrition education strategies.

Nutrition Classes

To facilitate the objectives the Nutrition and Food Science workshop will sponsor 5 nutrition classes, called units or lesson plans. In 2008 the units/classes will be:

- Sports Nutrition, by Clint Albrecht, RD, MS, Utah State University Extension (Class)
- Dairy Nutrition and Food Preparation, by Becky Low, MS, Dairy Council of Utah (Class)
- Evaluating Nutrition Research, by Heidi Wengreen, PhD, Utah State University (Class)
- Evaluating Nutrition Myths and Urban Legends, by Cindy Wright, PhD, Southern Utah University (Class)
- Food Groups to Encourage, by Sara Oldroyd, RD, MS, Utah State University Extension (Class)
- Dietary Fats Facts, by Pauline Williams, RD, MPA, Primary Children Medical Center (Class)
- High Fructose Corn Syrup, by School Nutrition Association (Webinar)
- Nutrient Rich Foods – Food Indexing, by National Dairy Council (self directed PowerPoint)

Classes will be presented in face-to-face workshops during the annual Nutrition and Food Science Workshop and the annual Family and Consumer Science conference in June 10-12, 2008. PowerPoint presentations and support materials for each topic will be housed on the Dairy Council of Utah/Nevada web site for one year. During this time any teacher or educator may download and use the materials. To encourage use of resource materials, participants may register for Utah State University credit and receive from 1-3 credit hours upon completion of the On-Line Course requirements.

On-Line Course Description

The Nutrition and Food Science Workshop On-Line course has been developed for secondary Family and Consumer Science food and nutrition teachers, community nutrition educators, and consumers to increase nutrition knowledge and food science literacy by using the materials and resources in a teaching environment.

Participants may earn 1-3 Utah State University continuing education credit(s). The Nutrition and Food Science Online Workshop is an independent study year-long course and enrollees have until May 1, 2009 to complete course requirements. This course will be graded pass (P) or fail (F) and will become part of the student's official Utah State University transcript. Requirements for credit hours are described below.

Prerequisite Orientation Workshop

Enrollment in the course requires participants to participate in a one-hour face-to-face "Learn-and-Earn Credit" orientation. Participants may register for the online course until July 1, 2008. Orientation and online course fees are non-refundable.

Face-to-Face "Learn-and-Earn Credit" orientation

Participants must attend one of two scheduled orientation sessions; the first as a part of the annual Nutrition and Food Science workshop June 10, 2008; the second during the annual FACS conference, June 12, 2008.

Credit Requirements

Participants may use any of the materials and resources provided by the instructors under the class section (see classes above) to complete requirements as outlined below. Resources may be downloaded from the Dairy Council of Utah web site www.UtahDairyCouncil.com (under Objectives and Goals above)

The course will be graded as Pass/Fail. Credits earned are determined by 1) the number of credits for which the participant registers; 2) the number of completed projects properly

documented; and 3) the number of hours spent using the education materials in classroom instruction. The following table is a quick summary of credit requirements.

To complete and submit documentation enrollees will need:

- Email address
- Updated web browser to access on-line materials
- Digital camera, or photos printed / saved in electronic format

Introduction – Shortly after registering for the Nutrition and Food Science Workshop on-line course introduce yourself to the group. Send an email, with a picture of self attached, to the on-line facilitator and include your name, address, phone number, the school or organization for which you work; demographics for your school/group, etc.

Instruction Time – This is time spent teaching someone else the concepts and materials in lesson plan. Instruction time maybe counted if the class is a formal school class, a community class, a class with a religious group, or a client/patient consultation. Hours for credit are an accumulation of time spent teaching from any/all of the lesson plans on the Nutrition and Food Science workshop web page. Instruction hours are documented on “*Instructional Hours Form.*” Instruction time includes active teacher instruction through lecture, PowerPoint, and/or demonstrations; as well as student in-class hands-on activities such as a lab.

Share Fair – identify at least one tip or idea you liked and found useful from any of the Nutrition and Food Science workshop lesson plans and/or presentation materials and share the details with other enrollees. Send an email to the on-line facilitator your Share Fair: include in the body of the email a description of the tip, idea, or website and how you used it in a teaching setting. Attach a picture as appropriate; identify how the tip or idea was used in a teaching situation; include your name, school/organization, lesson plan title, class age range, demographics, and anything else you would like to share. Share Fair ideas will be posted to the website for sharing with other enrollees.

Projects – choose from the suggestions below. They are designed to expand and compliment the lesson plan/presentation materials and enrich the teaching experience for both the teacher and student. Depending upon the credit hours registered (see summary below), choose from 1-3 projects.

Group A Projects (increase knowledge base):

- Guest Speaker/lecture – arrange for and/or attend lecture/presentation which adds additional knowledge to subject content in one of the lesson plans. One (1) hour may be used towards instructional time.
- Review 5 websites listed with lesson plan(s)/presentation materials. Submit a review explaining their usefulness for other teachers.
- Bulletin Board – design a bulletin board to support concepts in lesson plan/presentation materials and display it in your classroom or worksite. Submit description of the bulletin board and a photo.
- Selected Reading – Read an article/book or journals cited in the lesson plan/presentation materials. Submit your comments, including an analysis of how the information could be included in lesson plan. Comments may also include opinions and concerns and suggested solutions to the problems presented in the reading. Should be brief, 1-2 paragraphs.

Group B Projects (create student hands-on learning opportunities):

- Organize a Food Lab reinforcing concepts from the lesson plan/presentation materials

- Arrange a Field Trip – to a business or facility supporting concepts in lesson plan/presentation materials
- Service Project – based on facts learned in one of the lesson plans/presentation materials, plan and implement a service project that makes a worthwhile contribution to families, schools and communities. (Service project would make a great FCCLA STAR event project)
- Career Investigation – help students (or personally) research a career related to the subject in one of the units; set career goals, create a plan for achieving goals and describe the relationship of this career to nutrition and food science (this would make a great FCCLA STAR event)
- Job Interview – develop a portfolio, participate in a job interview, and communicate understanding of job requirements associated with one lesson plan/presentation materials (this would make a great FCCLA STAR event)
- Entrepreneurship – develop a plan for a small business using information from one of the classes or units (this would make a great FCCLA STAR event)
- Illustrated Talk – help students create an illustrated talk using visuals to illustrate content of presentation of the lesson plan/presentation materials (this would make a great FCCLA STAR event)

Requirement Summary Table

	1 credit	2 credits	3 credits	Reported Needed
Introduction	Required	Required	Required	Include a picture of yourself; in a short paragraph introduce self, include your name, where you teach (or work), class or clientele demographics (age range, class description, number enrolled, etc).
Instruction Time	Min 8 hrs	Min 18 hrs	Min 28 hrs	Submit electronically the “ <i>Instruction Hours Form</i> ” to on-line course facilitator. The form may be downloaded from the Nutrition and Food Science Workshop website page.
Share Fair	Required	Required	Required	Identify at least one tip, idea, or web site you liked and found useful and share with other enrollees via the on-line facilitator.
Projects	1 project from either A or B group	2 projects 1 from A group 1 from B group	3 projects 1 project from each group plus 1 additional project from either group A or B	See project groups above. Send an email to the on-line facilitator describing how the project was completed as outlined above. Attach electronic pictures or other documentation.

Grades and Transcripts

Grades will be posted after all course requirements are submitted to and graded by the on-line facilitator. The on-line facilitator will send an individual email notification when grade has been posted. Grades will only be posted on transcripts on the following dates: October 1, December 1, April 1, July 1. This email will also include your USU Banner user ID (needed to access your transcript online) and instructions on how to access course materials for future use. An official transcript must be purchased from the Utah State University Registrars Office (435) 797-1116. <http://www.usu.edu/registrar/>

Online Course Fees

Recoding fees: 1 credit hr = \$50; 2 credit hours = \$80; 3 credit hours = \$110.

Instruction Hours

Instruction Hours – download the excel database from www.UtahDairyCouncil.com save to your hard drive, enter the following information on the table, save and submit to the on-line facilitator. (there may be multiple entries to reflect the different lesson plan/presentations which may be used to complete the requirements for credit)

Name

Email Address

Lesson Plan/Presentation Title

Number of Students

Elementary

Middle Schools

Jr. High

High School

Adults

Instruction Hours

Lecture

PowerPoint

Demonstration

Guest Lecture

Student Learning Hours

Labs

Activity/Project

Peer Teaching

(Description of Student Activities)

Attachments associated with this lesson (please list)

Comments Evaluation of Lesson Plan/Presentation Materials

(short description; strengths, weaknesses; suggestions for improvement)